



Shanghai Spring Rolls with Sweet Chili Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



272 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce bamboo skewers minced drained canned
- ☐ 8 ounce water chestnuts minced drained canned
- ☐ 2 large eggs lightly beaten
- ☐ 2 tablespoons ginger fresh minced
- ☐ 3 garlic clove minced
- ☐ 2 spring onion diced
- ☐ 0.5 pound ground pork
- ☐ 0.1 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 0.5 pound shrimp fresh unpeeled
- ☐ 1 tablespoon soya sauce
- ☐ 12 ounce you will also need: parchment paper
- ☐ 15 servings chilli sauce sweet
- ☐ 15 servings vegetable oil

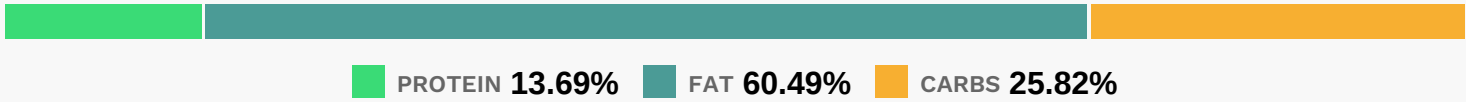
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Peel shrimp, and devein, if desired; finely chop.
- ☐ Stir together shrimp, 1 egg, pork, and next 8 ingredients. Spoon 1 tablespoon mixture in center of each spring roll wrapper. Fold top corner of each wrapper over filling, tucking tip of corner under filling, and fold left and right corners over filling. Lightly brush remaining corner with remaining egg; tightly roll filled end toward remaining corner, and gently press to seal.
- ☐ Pour vegetable oil to a depth of 2 inches into a medium saucepan, and heat to 35
- ☐ Fry spring rolls, a few at a time, 6 minutes or until golden.
- ☐ Drain on paper towels.
- ☐ Serve spring rolls with Sweet Chili Sauce and over lettuce leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:10.4, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:7.6039130428563%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin:

0.18mg

Nutrients (% of daily need)

Calories: 271.55kcal (13.58%), Fat: 18.35g (28.23%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 16.32g (5.93%), Sugar: 1.45g (1.61%), Cholesterol: 62.07mg (20.69%), Sodium: 265.42mg (11.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.69%), Vitamin K: 29.16µg (27.77%), Selenium: 12.52µg (17.88%), Vitamin B1: 0.24mg (16.04%), Manganese: 0.22mg (11.2%), Vitamin B3: 2.06mg (10.32%), Phosphorus: 102.12mg (10.21%), Vitamin B2: 0.17mg (9.74%), Vitamin E: 1.44mg (9.6%), Iron: 1.42mg (7.87%), Copper: 0.15mg (7.6%), Vitamin B6: 0.15mg (7.32%), Folate: 26.57µg (6.64%), Zinc: 0.99mg (6.61%), Fiber: 1.3g (5.21%), Potassium: 164.49mg (4.7%), Magnesium: 16.7mg (4.17%), Calcium: 31.02mg (3.1%), Vitamin B12: 0.17µg (2.83%), Vitamin B5: 0.27mg (2.68%), Vitamin C: 1.11mg (1.34%), Vitamin A: 58.3IU (1.17%)